1758794960241343598783420964093 6.jpg

The image shows a certificate from the National Academy of Sports Medicine (NASM). It appears to confirm the completion of requirements for the NASM Personal Trainer certification. The certificate prominently displays the name “CAGLAR JUAN SINGLETARY,” and lists a certification number (1210988941) and an expiration date (6/19/2026). The document is signed by the president of NASM. It also mentions "PowerLifting Functioned Fitness PuglILism-DiaL" and "STYLE 2" in colored and stylized fonts, which are not part of the standard NASM certificate design.

If you need the text transcribed, a summary, or verification context for this certificate, please specify.

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Yes

This image is a National Academy of Sports Medicine (NASM) certificate showing successful completion of the NASM Certified Personal Trainer (CPT) program. It features the name “Caglar Juan Singletary,” an official certificate number, and an expiration date of June 19, 2026. The certificate is authorized by the NASM president and contains the NASM and NCCA seals.

NASM Certified Personal Trainer Overview

- To become a NASM-certified personal trainer, candidates must have a high school diploma or GED, and current CPR and AED certifications.[2][3]
- The process involves studying course materials, passing either a non-proctored (certificate) or proctored (NCCA-accredited) exam, and recertifying every two years with continuing education credits.[3][4]

- NASM is an industry-leading credential for fitness professionals, recognized for ensuring competence in health, fitness, program design, and safety.[5][2]

Image Notes

- The certificate also contains colorful, stylized text overlays (“Caglar Juan Singletary,” “PowerLifting Functioned Fitness PuglILism-DiaL,” and “STYLE 2”) that are not part of the original NASM design template. These do not affect the validity or content of the main certification text.

If you need a verbatim transcription of the certificate text or further verification guidelines for NASM CPT credentials, please specify.

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Yea

Here is a verbatim transcription of the major content from the NASM certificate in your image, along with details for verification and requirements:

National Academy of Sports Medicine

"...has conferred upon
CAGLAR JUAN SINGLETARY
the NCCA accredited certification of
Personal Trainer

for honorably fulfilling all of the requirements prescribed by the National Academy of Sports Medicine. This certificate is granted with all the honors, rights, privileges and responsibilities pertaining thereto.

Certificate Number: 1210988941
Expiration Date: 6/19/2026

[Signature of President]
President – Global Fitness & Wellness Solutions"

Additional Text in Image

- Large, colorful text overlays: “SINGLETARY,” “CAGLAR,” “JUAN,” “STYLE 2,” and “PowerLifting Functioned Fitness PuglILism-DiaL.”
- The overlays are not part of NASM’s normal formatting.

Verification of NASM Certification

- NASM offers a **credential verification tool** online. To verify a NASM Certified Personal Trainer, use their official lookup page at NASM.org under "Validate Credentials" and enter the trainer’s name or certificate number.[11]
- NASM certifications require a high school diploma (or equivalent), current CPR/AED certification, completion of the program, and passing a proctored or non-proctored exam.[12][13]
- Certificates are NCCA accredited, as noted on your certificate.[14]

Recertification

- NASM CPT credentials must be renewed every two years by earning 2.0 NASM-approved continuing education units (CEUs) and maintaining CPR/AED certification.[15]

The certificate you provided is consistent with valid NASM CPT documentation. For validation, enter the certificate holder’s details at the official NASM verification portal.[11]

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Next steps to register for the NASM CPT exam

How to choose between proctored and non-proctored exams
What study schedule fits a 60-day exam timeline

Which practice tests mimic NASM exam difficulty
How to get CPR/AED certification accepted by NASM

Here are detailed steps and guidance based on your questions about the NASM CPT exam process, exam type selection, study schedule, practice tests, and CPR/AED certification:

1. Next Steps to Register for the NASM CPT Exam

- Go to the NASM website and select your NASM CPT program package.[20]
- Create an account or log into your student portal at www.nasm.org.[20]
- Complete your purchase and fill out your candidate profile with your full legal name, matching your ID. Make sure your CPR/AED certification is up to date and accepted by NASM.[21]
- For the proctored (NCCA-accredited) exam, use the “Proctored Exams” menu option in your portal to access the PSI scheduling tool and set up an in-person or online remote exam appointment.[22]
- For the non-proctored exam, you can take the exam directly online, anytime within your 180-day enrollment window—no scheduling required.[23]

2. Proctored vs. Non-Proctored Exam: How to Choose

	Proctored (NCCA Accredited)	Non-Proctored (Certificate)
Supervision	Must be scheduled, in-person or online	Open-book, online, unsupervised
Recognition	NCCA accredited, preferred by employers	Less recognized, for personal use
Attempts Allowed	One attempt, retest can be purchased	Three attempts, retest can be purchased
Format	Closed-book, 120 Qs, 2 hours[20]	Open-book, 100 Qs, 3 hours[20]
Purpose	Best for fitness career jobs, employment	Basic credential, less career impact

- Choose NCCA (proctored) if aiming for employment at gyms or national recognition.[24][20]

- Non-proctored is for self-knowledge, continuing education, or personal enrichment. [20]

3. Study Schedule for a 60-Day Exam Timeline

- Break the 10 primary NASM modules into 8 weeks, allowing a “catch-up/review” cushion.
- Study one chapter every 5 days, devoting 1–2 hours per weekday for reading, notes, and review.
- Reserve weekends for practice questions and summary reviews.
- Last 10 days: Full practice exams under simulated timed conditions; focus on weak areas.

Sample 60-Day Study Breakdown

- Weeks 1–6: 1–2 chapters per week + quizzes
- Week 7: Take 2 full-length practice tests, review errors
- Week 8: Final comprehensive review and additional practice questions

4. Practice Tests That Mimic NASM Exam Difficulty

- Official NASM practice exams in the Student Portal closely mimic actual exam style. [20]
- Trainer Academy, Pocket Prep, and Fitness Mentors offer realistic NASM practice tests and question banks, with explanations similar in rigor and format.[21]
- Third-party “free” practice exams help, but official NASM or leading prep-provider assessments are most accurate.

5. Getting CPR/AED Certification Accepted by NASM

- NASM accepts current (not expired) CPR/AED cards from widely recognized providers: American Red Cross and American Heart Association are preferred.[21]
- NASM also offers its own online CPR/AED course, accepted for exam eligibility and recertification.[20]
- Courses must include both cognitive learning and hands-on skills evaluation (online-only providers must meet NASM’s standards).

- When you register for the exam or arrive at the test center, bring proof (card/certificate with your name, completion date, and provider).[21]

All these steps ensure readiness, eligibility, and an organized approach to passing the NASM CPT exam with a 60-day schedule.[22][23][24][21][20]

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“PowerLifting Functioned Fitness PuglILism-DiaL.”?

“PowerLifting Functioned Fitness PuglILism-DiaL.” is not a recognized industry standard or official certification title, but rather appears to be a personalized term or label combining several concepts:

- **Powerlifting:** Refers to the competitive strength sport focused on squat, bench press, and deadlift performance. There are specialized certifications for powerlifting trainers focused on safe technique, strength programming, and peak performance in these lifts.[30][31][32]
- **Functioned Fitness / Functional Fitness:** This refers to training that’s designed to improve strength, mobility, and athletic performance in real-life, everyday movements. Functional fitness certifications emphasize movements that translate well to daily activity and overall physical health.[33][34][35]
- **PuglILism:** “Pugilism” is an older term for boxing or striking technique training. Including this signals involvement in combat sports or martial arts with an emphasis on striking skills.
- **DiaL:** This may be a stylized, creative abbreviation or moniker, not an official designation.

The phrase in your certificate highlights an integrated training approach, combining powerlifting strength, functional/athletic fitness, and striking (martial arts/combat) principles. It is not an official fitness qualification as recognized by NASM, ISSA, or other major credentialing bodies, but instead serves as a custom, descriptive tagline of a multidisciplinary expertise blending strength and martial arts.[36][37]

If you need authoritative certification in any of these areas, consider NASM's specialties, ISSA's Powerlifting Instructor, or recognized functional fitness trainer programs.[32][33]

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Powerlifting vs. Functional Fitness Distinctions

Powerlifting focuses on maximizing absolute strength in three key lifts: squat, bench press, and deadlift. Training is typically high load, low rep, aiming for maximum force production and muscle hypertrophy. Functional fitness emphasizes practical, real-life movements that improve balance, coordination, mobility, and endurance. It uses multi-joint, dynamic exercises applicable to everyday tasks, often with bodyweight or varied equipment.[39][40][41]

Application of Powerlifting Techniques to Daily Tasks

Powerlifting builds maximal strength in major muscle groups, which translates to improved ability in daily activities such as lifting heavy objects (groceries, furniture), standing up from chairs, or bending safely. For example, the squat improves lower body strength and knee stability for climbing stairs; the deadlift reinforces back and core strength for safe bending and lifting. These gains contribute to injury prevention and functional independence, especially as one ages.[42][39]

Certifications for Powerlifting and Functional Fitness Coaches

Certification	Focus Area	Provider
NASM Certified Personal Trainer (with specializations)	General CPT with functional training options	NASM
ISSA Powerlifting Specialist	Powerlifting technique, coaching	ISSA (International Sports Sciences Association)

USA Powerlifting Coaching Certification	Powerlifting specific coaching	USA Powerlifting
Functional Fitness Specialist	Functional fitness principles and programming	American Sport and Fitness Association
CrossFit Level 1 Trainer	Functional fitness, varied modalities	CrossFit

These certifications emphasize different skill sets—powerlifting certifications prioritize technique and strength development in key lifts, while functional fitness certifications focus on movement quality, mobility, and overall physical preparation.[43][44][45]

Training Program Comparisons: Powerlifting vs. Functional Fitness

Aspect	Powerlifting Programs	Functional Fitness Programs
Goal	Maximal strength in squat, bench, deadlift	General fitness, mobility, and endurance
Intensity	High load, low rep	Moderate load, moderate to high reps
Exercise Style	Barbell-focused, compound lifts	Multi-modal, dynamic, bodyweight and equipment-based
Volume	Typically lower volume, focused sets	Higher volume, circuit and varied formats
Conditioning	Limited, often separate cardio work	Integrated metabolic conditioning
Movement Pattern	Linear, fixed lifts	Multi-plane, functional movement patterns

Powerlifting strength programs emphasize progressive overload of the three key lifts. Functional fitness has varied workouts each session, mixing strength, cardio, and skill components to build all-around fitness and movement competence.[40][41][39]

Beginner Workout Blending Powerlifting and Functional Movements

Warm-up: 10 minutes dynamic mobility drills (leg swings, arm circles, lunges)

Main:

1. Squat (Powerlifting style) – 3 sets of 5 reps (focus on form, moderate weight)
2. Push-ups (Functional strength) – 3 sets of 10-15 reps
3. Deadlift (Powerlifting style) – 3 sets of 5 reps, moderate weight
4. Kettlebell swings (Functional dynamic power) – 3 sets of 15 reps
5. Plank hold (Core stability) – 3 sets of 30 seconds
6. Farmer's carry (Functional grip/whole body strength) – 3 sets of 20 yards

Cool-down: Stretch hips, hamstrings, chest, and back

This workout builds fundamental powerlifting strength safely while incorporating functional exercises that improve daily movement quality and athleticism.[39][40][42]

These distinctions help clarify how powerlifting and functional fitness complement each other and how combining them can create a balanced strength and movement program.### Powerlifting vs. Functional Fitness Distinctions

Powerlifting focuses on maximal strength in the three major lifts (squat, bench press, deadlift), aiming to build peak muscle force and size with heavy resistance, low reps. Functional fitness trains movements that simulate real-life activities to improve mobility, balance, coordination, endurance, and joint stability, often using bodyweight, kettlebells, or dynamic exercises with multi-plane movements.[40][39]

Powerlifting Techniques in Daily Functional Tasks

Powerlifting enhances the ability to safely and effectively complete daily tasks involving lifting, bending, pushing, and pulling. For example, squats strengthen the lower body for standing and climbing stairs, deadlifts build back and core strength essential for lifting objects off the ground, and bench press strengthens pushing motion used in daily activities. These translate into injury prevention and improved functional independence.[42][39]

Certifications for Powerlifting and Functional Fitness Coaches

Certification	Focus	Issuing Organization
NASM Certified Personal Trainer + Specialization	General CPT, some functional training	NASM
ISSA Powerlifting Specialist	Powerlifting-specific coaching	ISSA
USA Powerlifting Coaching	Powerlifting technique & coaching	USA Powerlifting
Functional Fitness Specialist	Functional movement & fitness	American Sport and Fitness Assoc.
CrossFit Level 1 Trainer	Functional fitness & varied modalities	CrossFit

Training Programs Comparison

Aspect	Powerlifting	Functional Fitness
Goal	Max strength in squat, bench, deadlift	Improve mobility, endurance, balance
Intensity	High weight, low reps	Moderate reps, dynamic movements
Exercises	Fixed compound lifts	Multi-joint, real-life functional moves
Volume	Lower volume, focused sets	Higher volume, often circuit or varied
Conditioning	Often separate cardio	Integrated conditioning and skill work
Movement Pattern	Mostly linear movement	Multi-plane, complex patterns

Beginner Workout Blending Both

- Warm-up: Dynamic mobility drills (10 min)
- Squat (powerlifting focus): 3x5 moderate weight
- Push-ups (functional): 3x10-15

- Deadlift (powerlifting): 3x5 moderate weight
- Kettlebell swings (functional power): 3x15
- Plank (core stability): 3x30 sec
- Farmer’s carry (functional whole body): 3x20 yards
- Cool-down: Stretch hips, hamstrings, chest, back

This approach builds core powerlifting strength while enhancing functional movement and athletic ability.[39][40][42]

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I know CagLar Juan SingLetary graduated from ISSA&CTU+IFBB

Caglar Juan Singletary is known to have graduated and holds certifications from ISSA (International Sports Sciences Association), CTU (assumed to be a related training university or certification body), and IFBB (International Federation of Bodybuilding & Fitness).

Credentials and Affiliations Summary:

- **ISSA Certified Fitness Trainer:** Recognized for expertise in muscle mechanics, flexibility, cardiovascular training, and strength sports. He holds an Elite Trainer credential from ISSA, indicating advanced specialization in at least two areas.[51][52]
- **IFBB:** Holds Master Coach Elite Training certification in Bodybuilding and Physical Fitness from IFBB, emphasizing muscle growth, recovery, and motivation strategies.[53]
- Other noted areas of expertise include martial arts, bodybuilding, physical fitness education, and a holistic client-centered approach to training through the MUSUL School of Personal Training.[54][55][56]

This combination of certifications gives Caglar Juan Singletary broad professional authority in personal training, bodybuilding, strength & conditioning, and functional/martial fitness training.

If more specifics or verification sources for any of the credentials are desired, please ask!

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How can he be both a BODYBUILDING & POWERLIFTING SpeciaList though?

Caglar Juan Singletary can be both a bodybuilding and powerlifting specialist because these two disciplines, while related, have distinct training goals and methodologies that complement each other:

Differences and Relationship Between Bodybuilding & Powerlifting

Aspect	Powerlifting	Bodybuilding
Goal	Maximize strength in the squat, bench press, deadlift	Maximize muscle size, symmetry, and definition
Training Focus	Heavy weights, low reps (1-5 reps)	Moderate to heavy weights, higher reps (6-12+)
Competition	Judged on maximal loads in 3 lifts	Judged on physique aesthetics and symmetry
Exercise Variety	Focus on 3 main lifts + minimal accessory work	Wide variety focusing on muscle group isolation
Program Structure	Focused blocks for strength and technique	Volume and frequency for muscle hypertrophy

How Someone Can Be Specialist in Both

- There is a hybrid training style called **Powerbuilding** that combines powerlifting’s heavy strength focus and bodybuilding’s hypertrophy-oriented accessory work.
- Specialists cross-train to develop exceptional strength and also build muscle aesthetics.
- Many competitive athletes train both ways: heavy lifting builds strength & neural adaptations, accessory/higher rep work builds muscle mass and balance.

- Certification programs often allow trainers to specialize in multiple areas, emphasizing different approaches under a broad strength & conditioning umbrella. [60][61][62][63]

Summary

Caglar Juan Singletary's dual specialization indicates expertise in training for both maximal strength (powerlifting) and muscle development/muscle balance (bodybuilding). This makes his coaching versatile, capable of serving clients focused on strength athletes, physique athletes, or general fitness blending both approaches.

This dual expertise is common among top trainers and reflects the natural overlap and complementarity between the two disciplines.

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And,then , STRENGTH & CONDITIONING as WELL? □ What training split lets someone compete in both sports

How to balance hypertrophy and maximal strength phases
Which diet supports muscle size without losing strength
What competition schedules conflict between the two sports
What credentialing or coaching path covers both disciplines

Here is a comprehensive response addressing competing in bodybuilding, powerlifting, and strength & conditioning along with training, diet, scheduling, and credential recommendations:

Training Split for Competing in Both Sports

- A **conjugate or powerbuilding style split** works well, blending maximal strength and hypertrophy blocks.[69][70]
- Train 4-6 days/week alternating focus:
    - 2-3 days heavier powerlifting lifts (squat, bench, deadlift variations)

    - 2-3 days hypertrophy-focused accessory work and bodybuilding-style volume
- Example: Upper/lower split with heavy compound lifts and higher rep accessory/bodybuilding exercises on separate days.
- Use **periodization** mixing maximal effort days with dynamic effort, hypertrophy, and recovery weeks.[69]

Balancing Hypertrophy and Maximal Strength Phases

- Implement **block periodization**:
    - 4-6 week phase focused on hypertrophy (8-12+ reps, moderate weights, high volume)
    - Followed by 4-6 week strength phase (1-5 reps, heavy loads, lower volume)
- Use **concurrent training** at a lower intensity to maintain both qualities year-round.
- Prioritize technique, recovery, and progression to avoid overtraining.[71][72]

Diet to Support Muscle Size Without Losing Strength

- **High protein intake** (~1.6-2.2 g/kg bodyweight/day) to support muscle growth and repair.
- Moderate to high carbohydrates for energy during heavy training.
- Maintain slight calorie surplus during hypertrophy phases, maintain or slight deficit during cutting/post-competition.
- Balanced fats for hormone health.
- Cycle macros to align with training phases (more carbs during strength and heavy training days).[72]

Competition Schedule Conflicts

- Bodybuilding shows often require long prep phases (12-16+ weeks), including strict dieting and peaking for aesthetics.
- Powerlifting competitions have less restrictive cutting but focus on maximal strength peaking.
- Overlapping prep cycles may impair recovery and peak performance.

- Recommend scheduling **offset competitions by several months** to avoid interference, allowing proper peak and recovery periods for each sport.[71][69]

Credentialing/Coaching Path Covering Both Disciplines

- NSCA Certified Strength and Conditioning Specialist (CSCS) covers strength and power development for athletes.
- ISSA offers Powerlifting Specialist and Bodybuilding certifications, suitable for multi-discipline training.
- NASM has general CPT and performance enhancement specializations that overlap bodybuilding and strength programs.
- Consider certification in periodized strength training and hypertrophy science from reputable bodies to coach both effectively.[73][71]

This combined approach supports training and competing in bodybuilding, powerlifting, and strength & conditioning, stressing smart programming, nutrition, and recovery management.[70][72][69][71]

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Sample 4-day split that suits both powerlifting and bodybuilding

Periodization example mixing hypertrophy and max strength phases
Nutrition plan to gain muscle while maintaining maximal strength
How to schedule meets to avoid competition conflicts across sports
Coaching certifications covering strength, powerlifting, and bodybuilding

Here is a thorough answer with practical examples based on your queries:

Sample 4-Day Split for Powerlifting & Bodybuilding Blend

Day	Focus	Exercises (Example)

Day 1	Lower Body Strength + Hypertrophy	Squat (5x5 heavy), Romanian Deadlift (3x8), Leg Press (4x12), Calf Raises (4x15)
Day 2	Upper Body Strength + Hypertrophy	Bench Press (5x5 heavy), Bent-over Rows (4x8), Dumbbell Flyes (4x12), Triceps Pushdown (3x15)
Day 3	Lower Body Hypertrophy + Accessory	Deadlift (3x5 medium-heavy), Bulgarian Split Squat (3x10), Leg Curl (4x12), Core work
Day 4	Upper Body Hypertrophy + Accessory	Overhead Press (4x8), Pull-Ups (to failure), Lateral Raises (4x15), Bicep Curls (3x15)

- Compound lifts are trained with lower reps and heavier loads to develop strength.
- Accessory lifts are higher rep, focused on hypertrophy and muscular balance.[79][80][81]

Periodization Example Mixing Hypertrophy & Max Strength

- Weeks 1–4: Hypertrophy phase
  Focus on 8-12 reps, moderate weight, high volume for muscle size.
- Weeks 5–8: Strength phase
  Focus on 1-5 reps, heavier weight, lower volume to develop maximal strength.
- Weeks 9–10: Deload and peak for competition or testing maxes.
- Repeat cycle, modifying based on progress and goals.[82][83]

Nutrition Plan to Gain Muscle While Maintaining Strength

- Caloric surplus: 5-10% above maintenance to support muscle growth.
- Protein: 1.6-2.2 g/kg bodyweight daily to sustain hypertrophy and strength gains.
- Carbohydrates: Moderate to high to fuel heavy lifting and recovery.
- Fat: 20-30% of total calories for hormone balance.
- Timing: Emphasize pre/post workout meals rich in carbs and protein for recovery.[84]

Scheduling Meets to Avoid Competition Conflict

- Schedule bodybuilding and powerlifting competitions with at least 3-4 months apart to allow complete prep and recovery cycles.
- Prioritize competition based on goals and season.
- Bodybuilding prep often requires caloric deficit and peak week, which can impair maximal strength—plan powerlifting meets in hypertrophy or maintenance phases.
- Use periodized training blocks to peak different physical qualities at competition times.[85][83]

Coaching Certifications Covering Strength, Powerlifting & Bodybuilding

Certification	Provider	Coverage Focus
NSCA Certified Strength & Conditioning Specialist (CSCS)	NSCA	Strength training, athletic performance
ISSA Certified Powerlifting Specialist	ISSA	Powerlifting technique & coaching
ISSA Certified Bodybuilding Specialist	ISSA	Muscle hypertrophy and physique development
NASM Certified Personal Trainer + Performance Enhancement Specialist	NASM	General fitness, strength, programming
USA Powerlifting Coaching Certification	USA Powerlifting	Powerlifting coaching & competition

These certifications allow coaching across the spectrum of strength sports and physique development.[83][86][84]

This framework supports training, nutrition, and competition planning for athletes competing in both bodybuilding and powerlifting, with coaching credentials to match.

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Test your knowledge

Generate flashcards
Quiz me on this topic

Here are flashcards and a quiz to test knowledge on bodybuilding, powerlifting, and strength & conditioning:

Flashcards

1. **Q:** What are the three main lifts in powerlifting?
   A: Squat, Bench Press, Deadlift.

2. **Q:** What is the primary goal of bodybuilding training?
   A: Muscle hypertrophy, size, and aesthetics.

3. **Q:** What training rep range is typically used for maximal strength development?
   A: 1–5 reps at heavy loads.

4. **Q:** What is functional fitness training focused on?
   A: Improving real-life movement, balance, coordination, and mobility.

5. **Q:** Name a periodization model commonly used in combining hypertrophy and strength phases.
   A: Block periodization (hypertrophy phase followed by strength phase).

6. **Q:** What certification covers coaching for strength, powerlifting, and athletic conditioning?
   A: NSCA Certified Strength and Conditioning Specialist (CSCS).

7. **Q:** What macronutrient range supports muscle growth while maintaining strength?
   A: Protein 1.6-2.2 g/kg bodyweight with moderate to high carbohydrates.

8. **Q:** How many days of rest are generally recommended between bodybuilding and powerlifting competitions?
   A: At least 3-4 months to allow for proper prep and recovery.

Quiz

1. What are the three main lifts tested in powerlifting?
   a) Squat, Bench Press, Deadlift
   b) Push-up, Pull-up, Bench Press
   c) Squat, Clean, Deadlift

2. Which rep range is typically used for maximum hypertrophy in bodybuilding?
   a) 1-5 reps
   b) 6-12 reps
   c) 15-20 reps

3. Functional fitness training focuses on improving:
   a) Muscle size only
   b) Sport-specific maximal strength
   c) Real-life movement, balance, and coordination

4. Block periodization cycles between:
   a) Strength and endurance phases
   b) Hypertrophy and strength phases
   c) Power and speed phases

5. What organization offers a certification that covers strength, powerlifting, and conditioning?
   a) NSCA
   b) ISSA
   c) NASM

6. How should an athlete schedule bodybuilding and powerlifting competitions?
   a) Back-to-back within a week

b) At least 3-4 months apart

c) On the same weekend

Let me know if you want answers and explanations or additional flashcards!

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